

NEARBY DOCTORS

Franciscan Express Care (Accepts Walk-Ins):
2307 LaPorte Ave, Suite B (219) 476-9389

Dr. Faleh Atassi:
808 Lincolnway (219) 462-4446

Dr. Arjun Gupta:
2031 Roosevelt Road (219) 464-8007

Dr. Eugene Lin:
2421 LaPorte Ave. (219) 462-4167

*In most cases, the Health Center can provide the services that you would receive at these doctors. However, if you still feel the need to see a private physician, we have listed them here. Be sure to call the doctor before you visit him. Ask if he has any appointment times in the near future and be sure to ask if he accepts your insurance plan.

URGENT VS. EMERGENCY CONDITION

URGENT CONDITION:

An urgent condition is an illness or injury that won't cause further disability or death if not treated immediately, but requires professional attention to prevent it from developing into a greater threat. In these circumstances, you should go to the Health Center.

EMERGENCY CONDITION:

Emergency condition is what an average person believes could threaten life, limb or eyesight without immediate treatment. If the situation requires immediate medical treatment, or there are painful symptoms requiring immediate attention to relieve suffering, the situation is an emergency. Only in these circumstances should you go to the emergency room at the hospital.

HELPFUL LINKS

Student Health Center:
www.valpo.edu/healthcenter

Franciscan Express Care:
<http://www.smmhc.com/DesktopDefault.aspx?tabid=477>

Counseling Center:
<http://www.valpo.edu/counseling/scdc/index.php>

Porter County Family Counseling Center:
<http://www.pcfcc.org/>

Office of International Programs:
www.valpo.edu/international



OFFICE OF INTERNATIONAL PROGRAMS

209 Harre Union
1509 Chapel Drive
Valparaiso University
Valparaiso, IN 46383
Phone: 219.464.5333
Fax: 219.464.6868
E-mail: international@valpo.edu
Web: www.valpo.edu/international



VALPARAISO
UNIVERSITY

INTERNATIONAL STUDENT HEALTH IN THE UNITED STATES

OFFICE OF
INTERNATIONAL
PROGRAMS



HEALTH CARE &
INSURANCE IN
VALPARAISO,
INDIANA

MAINTAINING YOUR HEALTH

The practice of medicine in the United States can be very different from other countries. In this brochure, we hope to provide you with some information that will help you in your efforts to find medical attention.

STUDENT HEALTH CENTER PHONE: (219) 464-5060

The Student Health Center provides professional health care and wellness programs for qualifying students. The Health Center is staffed by Advanced Practice Nurse Practitioners. A consulting Physician is also available upon referral. The Health Center does accept walk-ins, but appointments are highly preferred.

Starting Fall 2010, all students will pay a general fee which covers the Student Health Center. However, there may be additional charges for non-basic services. Please contact the Student Health Center for more details.

STUDENT REQUIREMENTS

All international students must provide a completed and signed health form prior to arrival. They must also provide proof of Immunizations:

- DTP/Tetanus Series & Booster Current Within 10 Years
- 2 Doses of MMR (Measles, Mumps, & Rubella). [1st dose must be after your 1st birthday. 2nd dose at least 28 days after the 1st. Pregnant females may provide an MMR titre.]
- Completion of the TB Questionnaire and, if Indicated, Risk Assessment

MEDICAL INSURANCE

All international students are required to buy medical insurance with at least \$50,000 worth of coverage. This insurance is offered through Valparaiso University or you may choose to buy insurance through a separate provider. Either way, proof of your insurance must be presented to the OIP (Office of International Programs) within two weeks of your arrival in the United States. It is strongly recommended that you purchase the insurance that is offered through Valparaiso University.

INSURANCE PROVIDERS

Below is a list of major health care providers in the United States:

Anthem Blue Cross / Blue Shield:
www.anthem.com/

Aetna: www.aetna.com/

Humana One: www.humana-one.com/

UniCare: www.unicare.com/

United Health One: www.goldenrule.com/

You can compare rates and plans among these companies to see which is better for you. However, make sure that you choose a plan that meets the federal requirements and be sure to come in to the OIP to provide your proof of insurance to us within 2 weeks of arrival.

CLAIMS PROCEDURE

If you have the VU student insurance plan and have paid the fee for the Student Health Center, then they will help you file your claim after you receive medical attention.

However, if you have a commercial plan or if you have not paid the Student Health Center fee, then you must file your claims on your own. To file a claim you will need to submit a claim form to your insurance that includes the bill that was sent to you by your doctor. You should always keep a copy of all of your medical bills. Each company has a different claim procedure and you can find out that procedure by visiting the company's website or calling the customer service number on your insurance card.

COUNSELING CENTER

The Counseling Center provides individual and group counseling sessions to full-time Valparaiso University undergraduate students. The Center staff also offer numerous educational presentations through outreach services; medication services (as an augment to psychotherapy for whom combined treatment would be helpful), consultation, presentations on mental health topics, and psychological assessment (on a limited basis). The confidential services are provided by professional psychologists, psychiatrist, counselors, social workers, and nurse practitioners.

If you are not able to visit the Counseling Center, you may also visit the Porter County Family Counseling Center.

OFFICE OF INTERNATIONAL PROGRAMS

209 Harre Union
1509 Chapel Drive
Valparaiso University
Valparaiso, IN 46383
Phone: 219.464.5333
Fax: 219.464.6868
E-mail: international@valpo.edu
Web: www.valpo.edu/international